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--17. (new) The method according to claim 16, in which the combination is contained in a composition for complete nutrition comprising carbohydrates, fats and proteins.

MM B1
--18. (new) The method according to claim 17, in which the composition is a composition for complete nutrition of infants.

MM B2
--19. (new) The method according to claim 17, in which the composition is a composition for complete nutrition of diseased or elderly persons.

MM B3
--20. (new) The method according to claim 17, in which the composition contains more than 44 μg of folic acid and more than 0.8 μg of vitamin B12 and more than 50 μg of vitamin B6 per 100 kcal.

--21. (new) The method according to claim 17, in which the composition further contains at least 0.55 mg of niacin and/or at least 0.08 mg of riboflavin and/or at least 55 μg of thiamine per 100 kcal.

--22. (new) The method according to claim 17, in which the composition further contains more than 50 mg of choline or betaine or the sum thereof, and/or at least 5 mg of taurine, and/or at least 50 mg of methionine per 100 kcal.

MM B4
--23. (new) The method according to claim 17, in which the composition further contains 0.05-8 g of

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tryptophan and/or 30-3000 mg of melatonin and/or 50-1000 mg of adenosine per 100 kcal.

--24. (new) The method according to claim 17, in which the composition further contains 5-400 mg magnesium and/or 0.7-100 mg zinc per 100 kcal, the weight ratio of magnesium plus zinc to calcium being higher than 0.08.

--25. (new) The method according to claim 17, in which the composition contains 9-15 g of carbohydrates per 100 kcal.

--26. (new) The method according to claim 16, in which the combination is contained in a supplement for diseased or elderly persons.

--27. (new) The method according to claim 16, in which the supplement contains, in a daily dosage unit, at least 200 µg folic acid, at least 1.9 µg vitamin B12 and at least 0.3 mg vitamin B6.

--28. (new) The method according to claim 27, in which supplement further contains per daily dosage unit, at least 0.5 mg riboflavin and/or at least 1.0 mg thiamine and/or at least 2 mg niacin and/or at least 0.3 g tryptophan, at least 0.5g melatonin, at least 50 mg adenosin, at least 50 mg choline and/or betaine and/or at least 100 mg methionine and/or at least 0.03 mg vitamin K and at least 5g of digestible carbohydrates.

--29. (new) A pharmaceutical composition suitable for the treatment or prevention of serotonin- or

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melatonin-mediated disorders, such as improving senses of well-being, control of feeling of pain and improvement of mood and sleeping behaviour, the composition containing more than 44 μg of folic acid, more than 0.8 μg of vitamin B12 and more than 50 μg of vitamin B6 per 100 kcal, and further containing at least one of riboflavin, thiamine, niacin and zinc.

--30. (new) The method of claim 16, comprising administering an amount of at least 200 μg of folic acid, at least 2 μg of vitamin B12 and at least 2 mg of vitamin B6 per daily dosage, together with at least one of riboflavin, thiamine, niacin and zinc.--

Respectfully submitted,

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